

# KIN@50: LOOKING BACK, MOVING FORWARD

Friday, April 27, 2018

**8:30 AM: Registration opens** AHS Atrium

**8:45 AM: OPENING REMARKS** AHS Atrium  
Dean of Applied Health Sciences: Dr. Jim Rush

**9:00 AM: KEYNOTE PRESENTATION** AHS 1689  
Dr. Ron Zernicke (University of Michigan) – “Skeletal Adaptation: Synthesis and Beyond”

**10:00 AM to 10:30 AM: BREAK** AHS Atrium – Coffee | Poster Viewing | Tours

**10:30 AM to 11:30 AM – SESSION A: KIN @ Work** AHS 1689

Chair: Dr. Steve Fischer (University of Waterloo)  
Dr. Jack Callaghan (University of Waterloo)  
Dr. Michael Holmes (Brock University)  
Dr. Tammy Eger (Laurentian University)

**11:30 AM to 12:30 PM – SESSION B: Fundamental Discoveries** AHS 1689

Chair: Dr. Joe Quadrilatero (University of Waterloo)  
Dr. Stuart Phillips (McMaster University)  
Dr. Kevin Shoemaker (Western University)  
Dr. Richard Staines (University of Waterloo)

**12:30 PM to 2:00 PM: LUNCH** AHS Atrium – Lunch | Poster Viewing | Tours

**2:00 PM to 3:00 PM – SESSION C: Recovery and Rehabilitation** AHS 1689

Chair: Dr. Lora Giangregorio (University of Waterloo)  
Dr. Brad McFadyen (Laval University)  
Dr. Erika Nelson-Wong (Regis University – Denver, Colorado)  
Dr. Marina Mourtzakis (University of Waterloo)

**3:00 PM to 4:00 PM – SESSION D: Exercise, Nutrition and Health** AHS 1689

Chair: Dr. Russ Tupling (University of Waterloo)  
Dr. Heather Keller (University of Waterloo)  
Dr. Lawrence Spriet (University of Guelph)  
Dr. Robert Ross (Queen’s University)

**4:00 PM to 4:30 PM: BREAK** AHS Atrium – Poster Viewing | Tours

**4:30 PM to 5:00 PM – THE FUTURE OF KINESIOLOGY Panel Discussion** AHS 1689

Chair: Dr. Howie Green (University of Waterloo, Professor Emeritus)  
Dr. Steve Fischer (University of Waterloo)  
Dr. Maureen MacDonald (McMaster University)  
Dr. Lora Giangregorio (University of Waterloo)  
Krista Crozier (Incoming OKA President)

**5:00 PM to 6:00 PM: SOCIAL** AHS Atrium – Refreshments | Poster Viewing

**6:00 PM: BANQUET** at Fed Hall  
Buffet Dinner



# KIN@50: LOOKING BACK, MOVING FORWARD

Saturday, April 28, 2018

**8:30 AM: Registration opens** AHS Atrium

You will receive your personalized schedule with the workshops you selected

**8:45 AM: OPENING REMARKS** AHS Atrium

**9:00 AM to 10:15 AM: WORKSHOP 1**

**10:15 AM to 10:45 AM: BREAK** AHS Atrium

**10:45 AM to 12:00 PM: WORKSHOP 2**

**12:00 PM to 1:00 PM: LUNCH** AHS Atrium  
**OKA AGM** AHS 1689

**1:00 PM to 2:15 PM: WORKSHOP 3**

**2:15 PM to 2:45 PM: BREAK** AHS Atrium

**2:45 PM to 4:00 PM: WORKSHOP 4**

**4:00 PM to 5:00 PM: OKA Meet and Greet** AHS Atrium

Enjoy some light refreshments and network with members of the OKA board of directors and fellow kinesiologists from across the province at the 2018 education day meet and greet

Workshop	Room
Human Anatomy Review	AHS 3683
Innovations in Ergonomics	AHS 3686
Innovations in Low-Cost Sensors and Wearable Technology	TJB - CCCARE
Cardiopulmonary Exercise Tests and Interpretation	AHS 3688
Practical Tips for Exercise Assessment and Programing for Cancer Patients	LHI 1602
Too Much Sitting? Myths, the Media and Mitigating Exposure Without Compromising MSK Health	BMH 1016
Utilizing Mental Performance Skills in Kinesiology Practice	BMH 1005